



# IRVING RECREATION CENTER

## SUMMER DAY CAMP 2016

### Grades K-2

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954 (Rec.Center)  
402-405-6608 (K-2 phone)  
402-405-6609 (3-4 phone)  
402-405-6610 (5-7 phone)

## Superhero Week

Our camp theme this week is Superhero Week. We will have games and crafts related to some of our favorite superheroes. We will continue our character focus on Citizenship. Our field trip for the week is to Solid Rock Gymnastics. We will play outside as much as possible, but we appreciate everyone's patience with the hot weather. Please continue to send water bottles to camp! Staying hydrated is so important in high heat.

Note: Please continue to make sure campers are eating breakfast and bringing healthy lunches. Playing in the heat takes lots of energy!

## THIS WEEK'S HIGHLIGHTS

### Monday

Swim day! We will play outside in the morning before heading to the pool. Then we will go swimming. Be sure to have your bathing suits, sunscreen and towels. After lunch we will have some time to practice some of the events we will do at Play Day next week.

### Tuesday

We will continue rotations of tennis and yoga in the morning, followed by lunch and some quiet time. In the afternoon we will do some superhero themed crafts.

### Wednesday

We will start the morning with mancala and box hockey tournaments to practice for play day, then we will leave for our field trip to Solid Rock Gymnastics. We will leave the center around 10:15 Please remember to wear your orange shirt for our field trip. Campers should also wear or bring socks so they can play on all the equipment. We will return around 12:45.

### Thursday

We will have some active time in the morning, before we go swimming at Irvingdale Pool. Be sure to have your bathing suits, sunscreen and towels for swimming. After swimming and lunch we will do some work with our character focus.

### Friday

In the morning we will walk to and from the South Branch Library. After lunch we will get time to play active games in the gym.